

MAY 2023 PROGRAMS & EVENTS





Kentucky Derby



FINISH THE PHRASE

Kentucky _____

Derby _____

Race _____

Track _____

Horse _____

Drink _____

Rose _____

Hat _____

May _____

Winner _____

Stable _____

Jockey _____

Wear _____

Eat _____







CINCO DE MAYO

WORD SEARCH

WORD LIST

AMIGO
BUENO
BURRITO
CACTUS
CHARRO
CINCO
CULTURE
DANCING
FIESTA
FLAG
FOOD
GUACAMOLE
GUITAR
MARACA
MARIACHI
MAY
MEXICO
MUSIC
PINATA
PUEBLA
ROJO
SALSA
SOMBRERO
SPANISH
TACOS
VERDE
VICTORY

B	N	B	O	G	I	M	A	M	E	X	I	C	O
E	S	O	C	A	T	K	E	A	J	M	N	E	D
L	S	O	R	V	W	H	O	M	A	Y	L	J	E
O	E	R	O	K	F	C	F	R	L	X	H	R	B
M	O	L	J	Q	E	O	I	P	W	U	C	N	
A	U	T	O	H	O	A	M	B	T	T	T	I	E
C	S	F	L	D	C	A	U	Y	L	L	W	U	B
A	K	V	I	H	Y	E	X	U	A	C	L	N	U
U	P	T	I	E	N	Y	C	H	S	T	G	S	Q
G	U	L	R	O	S	G	T	S	L	Z	F	U	H
W	E	K	T	U	T	T	V	I	A	M	W	T	B
U	B	Q	H	J	J	Q	A	N	S	G	H	C	Q
C	L	M	W	H	E	T	T	A	F	A	Q	A	F
S	A	R	J	Q	F	C	D	P	Z	T	R	C	Q
O	V	A	G	D	M	O	G	S	H	Y	M	J	O
R	B	B	N	E	E	M	G	U	R	Y	N	A	T
R	W	A	I	D	X	A	T	O	I	A	D	N	I
A	W	O	C	U	L	X	T	T	L	T	R	F	R
H	C	R	N	F	W	C	A	C	W	K	A	A	R
C	I	E	A	P	I	K	M	C	E	G	T	R	U
M	N	R	D	V	I	U	P	D	A	A	J	Z	B
N	C	B	T	N	S	E	R	F	N	R	S	V	O
M	O	M	I	I	H	E	N	I	G	E	A	M	L
C	D	O	C	E	V	W	P	T	Q	I	Q	M	I
Z	C	S	I	F	Z	N	V	T	J	K	C	N	A

HAPPY birthday

HAPPY BIRTHDAY RESIDENTS!

3: Cynthia Chalmers

7: Art Warner

8: Kathy Green

9: Retta Crosson

15: Jackie Warner

22: Jean Shaljian

23: Bobby McDonald

23: Ruth Joyner

1st L.	Lobby, 1st Floor	DR	Dining Room, 1st Floor	B	Bus	A Hall Lounge	1st Floor on Right
Lib	Library, 1st Floor	CR	Club Room, 1st Floor	SU	Sign Up Required	C Hall Lounge	1st Floor on Right
WC	Wellness Center, 1st Floor B Hall	Conf	Conference Room, 2nd Flood B Hall	MP	Multi-purpose Room, 2nd Floor	2nd L.	2nd Floor Lounge



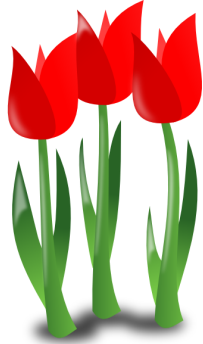

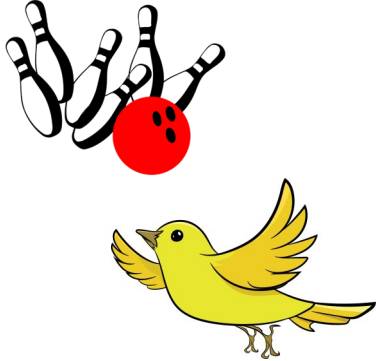

MAY 2023 PROGRAMS & EVENTS

CALLING ALL

READERS

Our Book Club will meet on Monday, May 29th with Barb Germiller at 2:15 p.m. in the 2nd Floor Conference Room on the B Hall. This month's read will be Inheritance by Dani Shapiro! Please see anyone in Wellness if you have any questions or would like to retain a copy of this book or join the Book Club!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mother Goose Day 10:00 Stand Strong Exercise (MP) 1:00 Sing Fit: <u>Hit Songs For The Late Afternoon</u> (MP) 2:00 Candy Making with Kelley & Don (CR) 2:00 Documentary: <u>Arlington: In Eternal Vigil</u> (Ch. 1-1) 2:30 Dominoes Game (2nd L.) 3:15 Calm Coloring (CR)   Abbotswood at Stonehenge	2 10:15 Blood Pressure Checks by TheKey (1st L.) 10:30 You Be The Judge (MP) 10:30 Grocery Shopping, Banks & Post Office (B, SU) 1:30 Grocery Shopping (B, SU) 2:15 Strength & Tone Exercise (MP) 3:30 Balloon Jollyball (MP) 6:15 BINGO with Larry (MP) 	3 10:00 Stand Strong Exercise (MP) 10:30 Men's Coffee Chat (A Hall Lounge) 1:30 Strength & Tone Exercise (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:15 David Cope Presents: <u>The Roosevelts and the Windsors Part 1</u> (MP) 6:00 Music to Sing Along With (Channel 1-1) 	4 Bird Day 9:00 Muscle of the Month with Mike (MP) 10:00 Kentucky Derby Trivia (MP) 1:00 Build A Popper Game (CR, SU) 2:00 Scrabble (C Hall Lounge) 2:15 Strength & Tone Exercise (MP) 3:30 Build a Birdfeeder Craft (CR, SU) 3:45 Pet Therapy visits with Jily (1st L.) 6:15 Senior Veterans Council (MP) 	5 Cinco De Mayo! 9:30 Stand Strong Exercise (MP) 10:00 Walmart Shopping (B, SU) 10:15 Hymn Sing & Message from Capital Community Church (1st L.) 1:30 Strength & Tone Exercise (MP) 2:15 Cinco De Mayo Celebration (CR) 3:00 Drum Circle with Matt Savage (1st L.) 7:15 Movie (Channel 1-2) 	6 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:00 Wii Bowling (MP) 2:00 SingFit: <u>1950s Rock And Roll Recording Studios</u> (MP) 3:00 Left, Center, Right Dice Game (CR) 6:30 Kentucky Derby Race Viewing Party (CR) 7:15 Movie: <u>The Blue Bird</u> (1940) (Ch. 1-1)

1st L. Lobby, 1st Floor

Lib Library, 1st Floor

WC Wellness Center, 1st Floor B Hall

DR Dining Room, 1st Floor

CR Club Room, 1st Floor

Conf Conference Room, 2nd Flood B Hall

B Bus

SU Sign Up Required

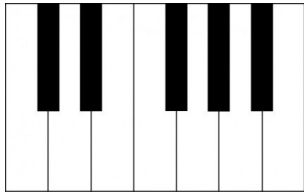
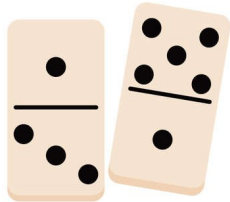

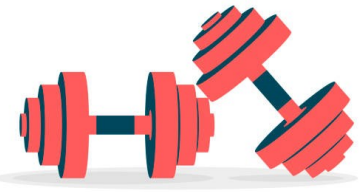


MP Multi-purpose Room, 2nd Floor

A Hall Lounge 1st Floor on Right

C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

MAY 2023 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 10:00 St. Francis of Assisi Catholic Service (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service with James Bernstein (MP) 3:00 Jewel Kirk Students Piano Recital (1st L.) 3:00 Sunday Travelogue <u>Scotland's Islands and Highlands</u> (Ch. 1-1) 7:15 Movie: <u>The Dark Corner</u> (1946) (Ch. 1-1) 	8 World Red Cross Day 10:00 Stand Strong Exercise (MP) 10:30 Chat with Dr. Watson: <u>Insomnia</u> (MP) 10:45 Pet Therapy with Finn (1st L.) 1:00 SingFit: <u>Unwind On A Musical Journey</u> (MP) 2:00 - 2:30 Donation Drop for North Raleigh Ministries (CR) 2:00 Documentary: <u>The Gut-Brain Axis</u> (Ch. 1-1) 2:30 Dominoes (2nd L.) 3:15 David Cope Presents: <u>The Roosevelts and the Windsors</u> Part 2 (MP) 	9 National Teachers Day 10:30 Trivia with Moe (MP) 10:30 Grocery Shopping, Banks & Post Office Trips (B, SU) 1:15 Rummikub Game (2nd L.) 1:30 Grocery Shopping (B, SU) 2:15 Strength & Tone Exercise (MP) 3:30 Balloon Jolleyball (MP) 6:15 BINGO (MP) 	10 10:00 Stand Strong Exercise (MP) 10:30 Men's Coffee Chat (A Hall Lounge) 1:30 Strength & Tone Exercise (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:15 Frank Longino on Piano (MP) 6:00 Music You'll Want to Sing Along With (Channel 1-1) 	11 9:00 Flexibility & Yoga w/ Mike (MP) 10:00 Ted Talk Discussion: <u>How To Live—No Matter Your Age</u> (MP) 1:00 Wii Bowling (MP) 2:00 Scrabble (C Hall Lounge) 2:15 Strength & Tone Exercise (MP) 3:30 Refrigerator Magnet Craft (CR, SU) 3:45 Pet Therapy Visits with Jily (1st L.) 6:15 Jeopardy (MP) 	12 9:30 Stand Strong Exercise (MP) 10:15 Hymn Sing & Message from Capital Community Church (1st L.) 1:00 Ava Gardner Museum Outing (B, SU) 1:30 Strength & Tone Exercise (MP) 2:00 Stand Strong Testing (By Appt) 2:30 Music with Zeke (1st L.) 7:15 Movie (Chan. 1-2) 	13 National Windmill Day 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:00 SingFit: <u>Songs That Carried Us Through WWII</u> (MP) 2:00 Windmill Craft (CR, SU) 3:00 Mimosas for Moms (CR, SU) 3:00 Left, Center, Right Dice Game (1st L.) 4:30 Girl Scouts Talent Show (1st L.) 6:30 Poker Group (CR) 7:15 Movie: <u>Charade</u> (1963) (Ch. 1-1)

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Conf Conference Room, 2nd Flood B Hall

B Bus

SU Sign Up Required






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A Hall Lounge 1st Floor on Right

C Hall Lounge 1st Floor on Right

2nd L. 2nd Floor Lounge

MAY 2023 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 10:00 St. Francis of Assisi Catholic Service (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service with Larry Baird (MP) 3:00 NC School of Science and Math Music Performance (1st L.) 3:00 Sunday Travelogue <u>Lisbon and the Algarve</u> (Ch. 1-1) 7:15 Movie: <u>Poor Little Rich Girl</u> (1936)  Abbotswood at Stonehenge	15 National Pickle Week 10:00 Stand Strong Exercise (MP) 11:00 Resident Ambassadors Meet (Conf.) 1:00 SingFit: <u>A Day In The Forest</u> (MP) 2:00 Pickle Party: Make Your Own Pickles! (CR) 2:00 Stand Strong Testing 2:00 Documentary: <u>Anne Boleyn- Second Wife of Henry VIII</u> (Ch. 1-1) 2:30 Dominoes Game (2nd L.) 3:15 David Cope Presents: The Roosevelts and the Windsors Part 3 (MP)	16 10:15 Blood Pressure Checks by The Key (1st L.) 10:30 You Be The Judge (MP) 10:30 Grocery Shopping , Banks & Post Office Trips (B, SU) 1:30 Grocery Shopping (B, SU) 2:15 Strength & Tone Exercise (MP) 3:00 New Resident Orientation (CR) 3:30 Balloon Jollyball (MP) 6:15 BINGO (MP) 	17 10:00 Stand Strong Exercise (MP) 10:30 Men's Coffee Chat (A Hall Lounge) 11:00 Lunch Outing to Mellow Mushroom (B, SU) 1:30 Strength & Tone Exercise with Legacy (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:15 Ask The Pharmacist Chat with Travis: <u>Improving Memory</u> (MP) 6:00 Sing Along Music (Channel 1-1)	18 9:00 Muscle of the Month Exercise w/ Mike (MP) 10:00 Calm Coloring (CR) 1:00 Pro Wii Bowling (MP) 2:00 Scrabble (C Hall Lounge) 2:00 Ladies Tea (CR, SU) 2:15 Strength & Tone Exercise (MP) 3:00 Broadway Favorites & More with Singer Mary Mikels (1st L.) 5:30 Life Source Meet & Greet (MP) 	19 9:30 Stand Strong Exercise (MP) 10:15 Hymn Sing & Message from Capital Community Church (1st L.) 1:00 Paper Cup Flower Craft (CR, SU) 1:30 Life Source Meet & Greet (MP) 3:00 Dennis Redoblado on Piano (1st L.) 7:15 Movie (Chan. 1-2) 	20 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:00 SingFit: <u>Moving To The Hits Of The 60's And 70s</u> (MP) 3:00 Left, Center, Right Dice Game (CR) 6:50 Preakness Stakes Horse Race (CR) 7:15 Movie: <u>The Glass Key</u> (1935) (Ch. 1-1)  Abbotswood at Stonehenge

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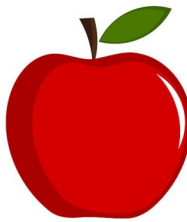
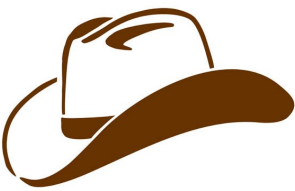


MP Multi-purpose Room, 2nd Floor

A Hall Lounge 1st Floor on Right

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2nd L. 2nd Floor Lounge

MAY 2023 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 10:00 St. Francis of Assisi Catholic Service (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service with Kay Boone (MP) 3:00 Country Music with Big Trussel on Guitar (MP) 3:00 Sunday Travelogue: <u>The Best of Israel</u> (Ch. 1-1) 6:00 NCSSM Piano Student Recital (1st L.) 7:15 Movie: <u>A Tale of Two Cities</u> (1958) (Ch. 1-1) 	22 9:30 Now Hear This Hearing Screenings (C Hall Lounge, SU) 10:00 Stand Strong Exercise (MP) 10:30 Chat with Dr. Watson: Anxiety/Depression (MP) 10:45 Pet Therapy with Finn (1st L.) 1:00 SingFit: <u>Celebrating Motown</u> (MP) 2:00 Documentary: <u>The Great Chicago Fire</u> (Ch. 1-1) 2:30 Dominoes Game (2nd L.) 3:15 Virtual Reality Session with Billy Reavy (MP) 	23 10:30 Trivia with Moe (MP) 10:30 Grocery Shopping, Banks & Post Office Trips (B, SU) 1:30 Grocery Shopping (B, SU) 2:15 Strength & Tone Exercise 3:30 Balloon Jollyball (MP) 6:15 BINGO (MP) 	24 National Fruits & Veggies Day 10:00 Stand Strong Exercise (MP) 10:30 Men's Coffee Chat (A Hall Lounge) 1:00 May Birthday Celebration (CR) 1:30 Strength & Tone Exercise with Legacy (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:30 Piano Music with Christian Green (1st L.) 6:00 Sing Along Music (Channel 1-1) 	25 9:00 Yoga & Flexibility w/ Mike (MP) 10:00 Calm Coloring (MP) 1:00 SingFit: <u>Country Roots</u> (MP) 2:00 Scrabble (C Hall Lounge) 2:15 Strength & Tone Exercise (MP) 3:30 Tasteful Travelers: <u>Black Forest, Germany</u> (MP) 3:45 Pet Therapy Visits with Jily (1st L.) 6:15 Cinnamon Pecans with Kelley (CR) 	26 9:30 Stand Strong Exercise (MP) 10:00 Target Shopping Trip (B, SU) 10:15 Hymn Sing & Message from Capital Community Church (1st L.) 1:30 Strength & Tone Exercise (MP) 2:15 Chat with the Executive Director, David Sexton (1st L.) 3:00 Saxophone Music with Tony Rotunno (1st L.) 7:15 Movie (Chan. 1-2) 	27 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:00 Wii Bowling (MP) 2:00 Memorial Day Star Craft (CR, SU) 3:00 Left, Center, Right Dice Game (CR) 6:30 Poker Group (CR) 7:15 Movie: <u>The Old Mill</u> (Walt Disney) (1937) (Ch. 1-1)  Abbotswood at Stonehenge

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